

# WHS LUNCH

## March 2024

**Offered Daily**

Peanut Butter & Jelly  
 Bean & Cheese Burrito  
 Variety of Fresh Vegetables

At least 1 Fresh Fruit Offered daily:  
 Apples, Oranges, Kiwi, Grapes,  
 Melon, Seasonal Fruit

3 of the Following Canned Fruit  
 Choices: Peaches, Pineapple,  
 Mixed Fruit, Applesauce, Pears,  
 Mandarin Oranges

Milk: White 1%, Chocolate Non-Fat  
 All grain items are whole grain.

- Every Lunch Includes:**
1. Fruit-1 Cup
  2. Vegetable-1 Cup
  3. Grain-1 to 2 Ounces
  4. Protein-2 to 4 Ounces
  5. Dairy-8 Ounces
- You may have all 5 categories, but  
 may take as few as 3. One of your 3 to  
 5 items **MUST** be a fruit or vegetable.

**Save time & money! No Fees  
 for Food Service online De-  
 positing!**

**Visit**  
**[www.washington.k12.mo.us](http://www.washington.k12.mo.us)**

*Click on Online Payments under Quick  
 Links and follow the prompts.*

Monday	Tuesday	Wednesday	Thursday	Friday
26 Spicy Wing Dings Italian Sub Cheeseburger on Bun Glazed Carrots Baked Beans Caesar Salad w/Chix	27 Chicken Alfredo Chicken & Cheese on Bun Smart Mouth Pizza-Variety Bread Stick Broccoli Potato Wedges BLT Salad	28 Toasted Ravioli Spicy Chicken on Bun Smart Mouth Pizza-Variety Green Beans Macaroni & Cheese Crispy Chicken Salad Rice Krispy Treat	29 Taco in a bag/Soft Shell Taco Southwest Chix Wrap Smart Mouth Pizza-Variety Mexican Rice Corn Cobb Salad w/Chicken	1 Bosco Sticks Dilly Chicken Sandwich Cheesy Fish Sandwich Big Soft Pretzel w/Cheese Vegetable Medley Pasta Marinara SW Chix Salad Cookie
4 Wing Dings Chicken Sandwich Bacon Cheeseburger on Bun Glazed Carrots Baked Beans Caesar Salad w/Chix	5 Chicken Fried Chicken Pulled Pork on Bun Smart Mouth Pizza-Variety Mashed Potatoes/Gravy Green Beans Biscuit BLT Salad	6 Chicken Tenders Ham & Cheese on Pretz Bun Smart Mouth Pizza-Variety Vegetable Medley Au Gratin Potatoes Crispy Chicken Salad Edible Cookie Dough	7 General Tso Chicken Chicken & Cheese on Bun Smart Mouth Pizza-Variety Rice or Penne Pasta Alfredo Broccoli Cobb Salad w/Chicken Cookie	8 <b>NO SCHOOL PROFESSIONAL DEVELOPMENT DAY FOR STAFF</b>
11 Spicy Wing Dings Italian Sub Cheeseburger on Bun Glazed Carrots Baked Beans Caesar Salad w/Chix	12 Turkey Noodle Casserole Chicken & Cheese on Bun Smart Mouth Pizza-Variety Bread Stick Broccoli Potato Wedges BLT Salad	13 Toasted Ravioli Spicy Chicken on Bun Smart Mouth Pizza-Variety Green Beans Macaroni & Cheese Crispy Chicken Salad Cookie	14 Taco in a bag/Soft Shell Taco Southwest Chix Wrap Smart Mouth Pizza-Variety Mexican Rice Corn Cobb Salad w/Chicken	15 Bosco Sticks Dilly Chicken Sandwich Cheesy Fish Sandwich Big Soft Pretzel w/Cheese Vegetable Medley Pasta Marinara SW Chix Salad Rice Krispy Treat
18 Wing Dings Chicken Sandwich Bacon Cheeseburger on Bun Glazed Carrots Baked Beans Caesar Salad w/Chix	19 Chicken Fried Chicken Pulled Pork on Bun Smart Mouth Pizza-Variety Mashed Potatoes/Gravy Green Beans Biscuit BLT Salad	20 Chicken Tenders Ham & Cheese on Pretz Bun Smart Mouth Pizza-Variety Vegetable Medley Au Gratin Potatoes Crispy Chicken Salad Brownie	21 General Tso Chicken Chicken & Cheese on Bun Smart Mouth Pizza-Variety Rice or Penne Pasta Alfredo Broccoli Cobb Salad w/Chicken	22 Queso Beef Nachos Dilly Chicken Sandwich Cheesy Fish Sandwich Big Soft Pretzel w/Cheese Corn Tater Tots SW Chix Salad Cookie
25 <b>NO SCHOOL SPRING BREAK</b>	26 <b>NO SCHOOL SPRING BREAK</b>	27 <b>NO SCHOOL SPRING BREAK</b>	28 <b>NO SCHOOL SPRING BREAK</b>	29 <b>NO SCHOOL SPRING BREAK</b>

*"This institution is an equal opportunity provider."*